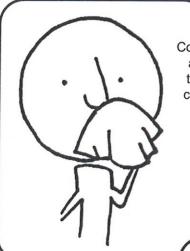
Stop the spread of germs that make you and others sick!

Cover Syour Cyour h



Cover your mouth and nose with a tissue when you cough or sneeze

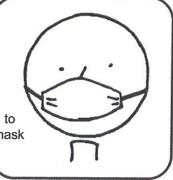
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.



Clean Hyour Hands after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds or

clean with alcohol-based hand cleaner.









Minnesota Department of Health 717 SE Delaware Street Minneapolis, MN 55414 612-676-5414 or 1-877-676-5414 www.health.state.mn.us



